

Change

**Adapted from the Weigh to Live Program
Darnall Army Community Hospital, Fort Hood, Texas**

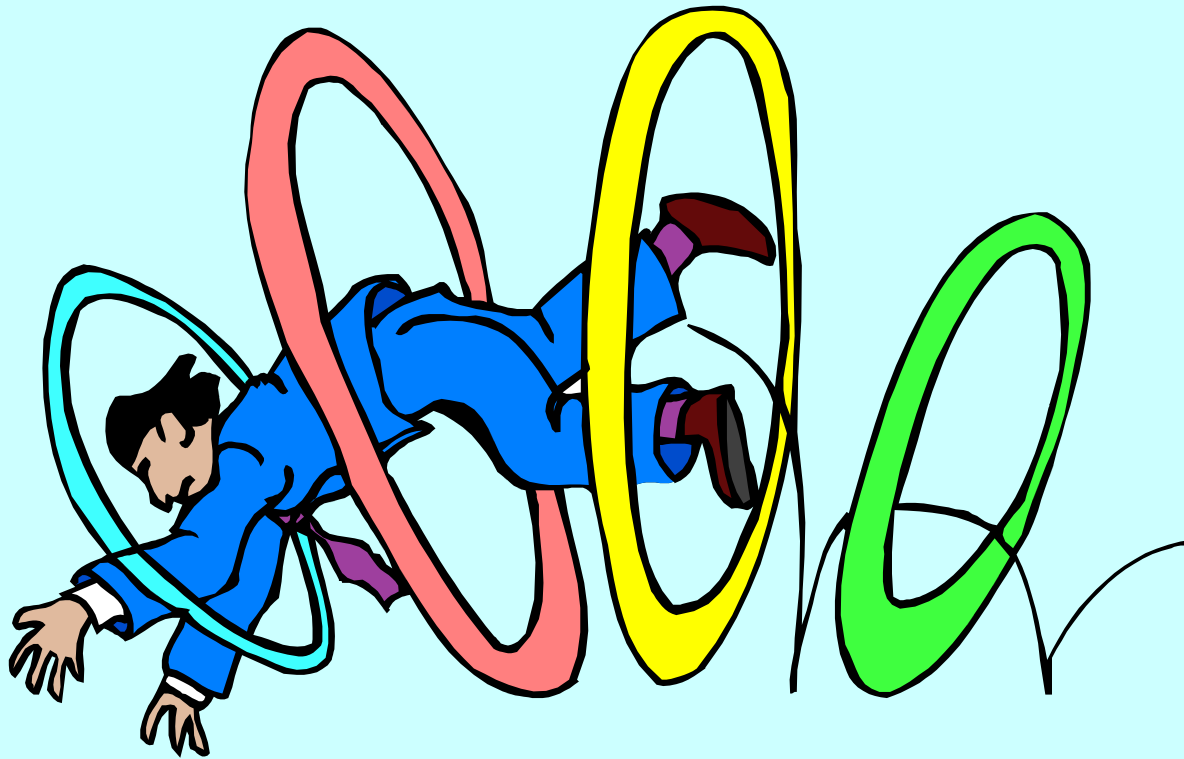
Do you feel like you are:



Or maybe:



Or even:



Well, let's...



And see how we can CHANGE!

Myth #1

- Self-Change is SIMPLE

Myth #2

- It just takes WILLPOWER

Myth #3

- I've tried everything-nothing works!

Myth #4

- People really don't change

Myth #5

- You'll only change if you do it for the "RIGHT" reason

The Processes of Change

Consciousness-raising

- Involves increased awareness about the causes, consequences and cures for a particular problem behavior.
- Increase the amount of information available
- Improve the likelihood of intelligent decision-making

Social Liberation

- New and/or accessible alternatives in the external environment that encourage and assist you in your efforts to change

Emotional Arousal

- Enables you to become aware of your defenses against change
- Goal is to increase awareness and depth of feeling to move toward action

Self-reevaluation

- Assessments of one's self-image with and without a particular unhealthy habit, such as one's image as a couch potato or an active person.
- Giving a thoughtful and emotional reappraisal of yourself now and an assessment of how you may be after changing
- Allows you to become aware of how your current health habits conflict with your personal values

Commitment

- Accepting responsibility for your decision to change
- An acknowledgment that you are the only one who is able to respond, speak, and act for yourself
 - Private commitment
 - Public commitment

Countering

- Substituting healthy responses for unhealthy ones
 - Alternatives for problem behaviors
requires the learning of healthier behaviors that can substitute for problem behaviors.
Relaxation can counter stress; assertion can counter peer pressure; nicotine replacement can substitute for cigarettes
- Control internal reactions

Environmental control

- Removes cues for unhealthy habits and adds prompts for healthier alternatives.
- Avoid stimuli that could elicit problem behavior
- Restructure your environment to reduce the probability of a problem-causing event
- Positive reminders work best

Rewards/Reinforcement

- Positive self-statements and group recognition are procedures for increasing reinforcement and the probability that healthier responses will be repeated.
- Self-praise

Helping relationships

- Assistance from significant people in your life
- Self-change does not have to mean “going it alone”
- Helping relationships provide support, caring, understanding and acceptance

Behavior change is rarely a discrete, single event.

A person moves gradually from being uninterested, to considering a change, to deciding and preparing to make the change a reality

The Stages of Change

Precontemplation
Contemplation
Preparation
Action
Maintenance
(Recycling)
Termination

Precontemplation

- The stage at which there is no intention to change behavior in the foreseeable future.
- Many individuals in this stage are unaware of problems or that there is a need for change.

Contemplation

- The stage in which individuals have identified a problem.
- In this stage, they are deciding whether or not there is a need to take action to correct the problem. Do the pro & cons of change outweigh the pro & cons of maintaining present behavioral pattern?

Preparation

- A stage entered into once the individual decides there is a need to take some action.
- Specific plans of action are developed in this stage as the individual chooses among alternative potential

Action

- The stage in which individuals put their plans into action and change their behavioral patterns.

Maintenance

- The stage in which people work to prevent relapse and consolidate the gains attained during action.

Recycling and Termination